



Serves: 4

Mee Siam

This recipe is taken from the "Where Is The Fat" cookbook, available at the SGH Block 4 Pharmacy.

Ingredients

For the gravy:

- 25g of onion
- 1/3 of a thumb-size piece of ginger
- 1 clove of garlic
- 50ml of water
- 2 tbsp of oil*
- 5g of chilli paste
- 1/2 tbsp of taucheo (fermented salted soy beans), mashed
- 1 tbsp of peanuts, roasted and grounded
- 1/2 tbsp of dried prawns, grounded finely
- 1 stalk of lemongrass, bruised
- 15g of tamarind pulp, mix with 1.5L of water and strained for juice
- 1 1/2 tbsp of sugar
- 3/4 tsp of salt

For the bee hoon:

- 3 1/2 tsp of oil*
- 25g of onion, sliced
- 15g of chilli paste
- 40g of bean sprouts
- 200g of bee hoon, soaked in water
- 100ml of water

For the garnish:

- 2 hard-boiled eggs, sliced into wedges
- Small limes, halved
- Cooked prawns, shelled (optional)
- 2g of kucai (chinese chives), cut into 2cm strips
- 2 pieces of tau pok, toasted and cut into cubes

Method

To make the gravy:

- Blend the onion, ginger and garlic with 50ml of water.
- In a large pot, heat oil and add the blended onion mixture. Fry until golden brown.
- Add chilli paste and fry over moderate heat till fragrant and oil comes through. Add taucheo paste, peanuts and dried prawns.
- Add lemongrass and fry for a few minutes.
- Finally, add tamarind juice, sugar and salt. Bring to a boil then remove from heat.

To make this dish:

- Heat oil and fry sliced onion until light brown.
- Add chilli paste and fry well.
- Add bean sprouts and mix well. Add bee hoon and water.
- Fry until dry.
- Serve bee hoon with gravy, egg, tau pok and limes. Cooked prawns may be added.

Tips:

- The sodium in this dish comes from the salt, tamarind, dried prawns and taucheo.
- To cut down on sodium, you can reduce the salt when tamarind is used.
- Or substitute tamarind juice with lemon juice.



*Choose products with the Healthier Choice Symbol.

